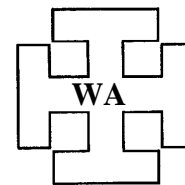


IN TOUCH



DIOCESE OF EDMONTON
ACW QUARTERLY NEWSLETTER

JUNE 2024

PRAYERS

The Knot Prayer

- Author Unknown -

Dear God,

Please untie the knots that are in my mind, my heart, and my life.

Remove the have nots, cannots, and the do nots.

Erase the will nots, may nots, might nots that may find a home in my heart.

Release me from the could nots, would nots, and should nots that obstruct my life.

And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.

Amen

O God, thank you for new opportunities and new beginnings.

I know a new home does not make a new people.

I am sorry if I have brought with me attitudes and ways which would have been better left behind.

But Lord Jesus, I want to take advantage of this new start.

Help me to get my priorities right, to build my life on your promises. Amen

Heavenly Father, please help me to reflect Your compassion in my interactions by using gracious and kind words.

As You live in my heart, loving Jesus, make me more like You.

*Morning is God's way
of saying one more time, go
make a difference, touch a
heart, encourage a mind,
inspire a soul and
enjoy the day.*



Give us this day our daily discovery.

Quaker Prayer

O God, I thank you for all the joy I have in Life.

Earl Britnoth

Jesus, help me to seek some quiet moments with You each day.

Thank you, Father, that you are our patient, waiting God. Slow us down: make us ready to be patient too with those who need our time and need our quiet willingness to wait patiently with them.



Diocesan ACW Executive 2022—2023

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The Rt. Rev. Steve London

Chaplain ***President**

Elaine

Past President

Judy

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First—Vacant

Second—Vacant

Recording Secretary

Margaret

Corresponding Secretary

Elaine

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Gen

Prayer Partners

Sandra

Social Action

Kathy

Life Members

Tracey

Education/Family Life

Ann Marie

***Book of Remembrance** Appointed

Melissa

***Lone Members** Appointed

Melissa

***In Touch Editor** Appointed

Willa

Regional Contacts**West ACW Region**

Yellowhead / Edmonton West

Karen Calder

East ACW Region

Whitemud / Battle River/ Cold Lake

Betty Ann Greenwall

Diocesan ACW

c/o Anglican Diocese of Edmonton

10035 – 103 Street NW

Edmonton, AB T5J 0X5

email:

acw.dioceseofedmonton@gmail.com

Diocesan ACW Report

Hello and welcome to longer days of light and warmer weather. How quickly the season has changed and with that we are now in our gardens (or balcony planters!) enjoying the beauty of fresh green leaves and colourful flowers. For those who were with us on our May 4 road trip you will remember perfect spring day weather as 22 of us filled the church of St Aidan and St Hilda at Rexboro for a BCP Morning Prayer service and then nineteen of us travelled on to the Catholic parish of Ste Anne at Lac Ste Anne to tour the Pilgrimage grounds and watch migrating swans on the lake. We felt so blessed by the hospitality extended to us from these two parishes. We also enjoyed the Tea House at Stony Plain & Parkland Pioneer Museum where our numbers swelled to 24 as ladies (and one gent) from St. Augustine Parkland joined us for tea and pie. It was a great day and those who attended agree we will do this again next year in a different corner of our Diocese – Camrose perhaps?

The business portion of our Annual Meeting held on May 3 went smoothly except for difficulty showing reports on the screen. Reports were emailed out prior to the meeting, and everyone attending the meeting has now received the reports. If you would also like to see the reports email ACW.dioceseofedmonton@gmail.com and I will email them to you. A report from Social Action secretary Kathy Budd expressed the increasing needs in our communities. The Treasurers report shows that we have funds to meet our operational and charitable obligations for another year. As always, thank you to the ACW Chapters for sending in annual dues. Our newsletter In Touch continues to connect us and keep us informed. Not surprisingly, postage and photocopying costs are on the rise. Paid subscriptions to In Touch help cover these expenses. There is also a large cost to printing and mailing out by Canada Post the annual letters to Life Members. The ACW Executive is looking at ways to reduce these costs. As a personal request from me to our Life Members – if instead of using Canada Post we could reach our Life Members via email or that of a friend or relative we could save upwards of \$500 a year. The pennies do add up. Please do be in touch with Life Member Secretary Tracey Fodchuk if you have an email address we could use instead of Canada Post.

Both Tracey and I were hopeful that someone could volunteer to take over our positions on the ACW Executive – we have both been on the Executive longer than expected. Alas no one could. As was eloquently explained, our active ACW members are already giving all their energy and time to ACW matters within their own parishes. This is as it should be of course. That being said, the ACW Executive will now look at ways to “lighten” the work load of the ACW Executive. Please keep the Executive and all our ACW members in prayer as we soldier on in the coming year. As well, please remember in prayer our National ACW prayer partners in the Diocese of New Westminster.

Blessings on you and yours as you celebrate nature and all God’s gifts this summer.

“Light is shed upon the righteous and joy on the upright in heart. Rejoice in the Lord all you who are the righteous and praise His holy name. “ Psalm 97:11-12

Elaine (still your ACW president!)



Pictures from the Road Trip
 May 4, 2024
 The first 2 at St Aidan and St
 Hilda at Rexboro
 The second 2 at the Catholic
 parish of Ste Anne at Lac Ste
 Anne and the Pilgrimage
 grounds



Life Members

The May long weekend is almost here and the weather is cool and rainy. The precipitation is so needed again for those affected by wildfires.

Three ladies will be receiving their life member pins this summer. Violet Bouvier from St. Mary's Ponoka is being recognized for her service and duty to her parish. Every community that Violet has lived in has benefitted from her love and faith. Kathy McCrae and Maida Kellgren from St. Columba, Beaumont have been nominated for their many years of service and dedication to God, their parish and its people.

Thank you for all your phone calls, e-mails and cards in the mail. It was good to hear from you and all the news you shared about what is happening in your life. I also really appreciate all the updates for mailing addresses and e-mail addresses. Helps to keep our list as up-to-date as possible.

Many heartfelt emails are sent about life members passing away and the stories of their service and devotion to their A.C.W. and parish.

A new life member, Sandra Dobson from St. Andrew's, Camrose sent a great e-mail outlining all the work their A.C.W. does in their community, it was very inspiring. Thanks for sharing all the ways our life members were choosing to donate this year. Many of you donated in your local communities where there is always need, some chose to donate to the given charities suggested by the board.

Thanks also for the support and encouraging words that were given for the format change for the Annual Diocesan Meeting. The "road trip" was so enjoyable. I had never been to visit any of these places and look forward to taking family to some of our stops. The morning service at St. Aidan and St. Hilda, Rexboro was inspiring. It was so educational learning about the faithful who started that early church and its surrounding history. I loved the story of the frontal on the altar in the church. We learned that it was a part of the decoration which adorned Westminster Abbey on the occasion of our Majesties' coronation in 1937.

Thanks to Elaine for organizing this trip. There is a write-up and pictures in the Synod Scene which you can find on the Diocesan website. Hopefully some pictures will be in the Anglican Messenger as well.

For everything there is a season and a time for every purpose under heaven Eccl:3:1

Wishing all life members and their families a wonderful season of summer.

May God Bless,

Tracey Life Member Secretary

Social Action

May 2024

There has been a lot of talk on the news and in the coffee shops these days about emergency preparedness. We are after all, in the midst of wildfire season during a very dry time of year. Being prepared for possible evacuations is not the only kind of emergency we might face. As I was writing this, the power went out (again!) and luckily, it didn't last long this time. I thought it might be timely to take a look at what the experts, namely the Canadian Red Cross, had to say about being prepared "just in case"

First of all, it is important to recognize that no two people are the same so any information should be reconsidered with your personal circumstances and needs in mind. Make sure you know what emergencies are possible in your area and what responses are already in place through your own community.

Next, it is important to assess your own and your family's needs. Take an inventory of what would be essential if you had to leave your home for 72 hours or if you were without power for those 72 hours. Make a list and write it down! Be sure to include medications that are kept at room temperature as well as those in the refrigerator; battery backups for personal medical devices; and assistive devices that you need daily.

Consider who you have in your "support network" – those people you can call on for help quickly and at any time. Make sure to have the names and phone numbers written down with your emergency kit.

While you are writing, be sure to write down your insurance company name and contact number. It is a good idea to review at that time what is covered by your insurance in case it is needed. You could create your own emergency kit using an unused tote bag or backpack. Here are some items that you might consider including: a scanned copy of personal documents such as social insurance card, birth or marriage certificate, financial and legal documents, and important medical information. Now might be the time to invest in a fireproof box or safe to keep originals in inside your house. Other items to include in your kit include a wallet with a little extra cash, a water bottle, some snacks that won't go stale in a few weeks, a change of clothes for a few days, an extra set of eyeglasses and of course a 72-hour supply of any personal care items that you need on a daily basis.

Being prepared offers some peace of mind and let us always Pray that those emergencies never happen!

Respectfully submitted by

Kathy Social Action committee secretary

ACW Autumn Gathering

The ladies of St. Augustine's Parkland invite women of the Edmonton Diocese to a **day of visiting and fun** on Saturday, **September 21, 2024**.

The day will begin at **9:30am** with coffee and muffins, please bring your favorite **mug and a bagged lunch**. Beverages will be provided. Rev. Kevin will lead a **service at 10:15am**.

Following the service we will have a mixer activity before breaking for lunch. There will be 3 activity stations set up after lunch where you may **learn, craft and play**. We will wind-up the day with a **sing-a-long** and be on our way home by 3pm.

The registration fee for the day is **\$10.00** to cover the morning snack, beverages, and supplies for the activity stations.

Please submit your registration and payment before September 14th.

Cheques should be mailed to St. Augustine's Parkland, 131 Church Road, Spruce Grove AB T7X 2K4. Please mark the envelope attention Helen Steinburg. We look forward to renewing old friendships and making some new ones.

Winnie Hammerlindl was born December 01, 1917 at Alsask, Saskatchewan. After she was married and had a family of four boys and one daughter came to Drayton Valley in 1963. She was an active member of ACW in DV and church as well as the community. She left DV for Calgary to be closer to family in 2004. She passed away April 12, 2024, her son wrote in an email cause of death was too many birthdays!

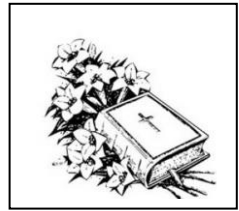
There will be a memorial service in Calgary on May 03, 2024 and date for service in DV TBA.

Thanks Miriam Roberts

Today's Prayer *(Everyday's Prayer)*

Dear God, as today begins, please help me to choose the right path to follow. **Fill my heart with kindness** so I can treat others well. Show me how to share love and kindness with everyone I meet. Amen.

Book of Remembrance



| Name | Dates of Birth & Death | Remembered by |
|-------------------------------------|------------------------|-----------------------------|
| Elizabeth Edith Jane (Betty) Morrow | 1937-2017 | St. Mary's, Ponoka |
| Joan Greenwood | 1927-2017 | Her family |
| Mary Barbara Ibbotson | 1932-2017 | All Saints', Drayton Valley |

Edited Reports from the ACW AGM 2024

Social Action Committee - April 2024

Report for Annual ACW meeting

I was happy to deliver parcels of knitted items two times this past year.

I connected with organizers from *Craft for YEG* which is a seniors' knitters and crocheters' group in Edmonton. They do crafts for several needy organizations in Edmonton and surrounding areas. I also was in contact with was the *Linus Project*. This group sews and quilts blankets for different causes in the Edmonton area. Both would very happily take anything we would like to contribute (that meets their blanket sizes).

I look forward to continuing as Social Action secretary for this coming year and would always welcome suggestions or ideas of topics that others would be interested in reading.

Respectfully submitted, Kathy Budd

Here are the Roll call numbers for May 3, 2024 ACW AGM Meeting

St Timothy's. 7
 Emmanuel Wetaskiwin 3
 St Columbia, Beaumont 1
 All Saints Drayton Valley 4
 St Andrew's Camrose 2
 Emmanuel Gibbons 1
 Good Shepherd 7
 St Augustine's Parkland 4
 St Mary's Ponoka 10
 St Michael and All Angels 1
 St John the Divine Onoway 1
 Sandra Arbeau - used to be St Faith but may now be going to Good Shephard?
 42 total

Life Member Secretary Report – April 2024

Hello! We have added some new life members to the list: Sandra Dobson and Shelia Fairless from St. Andrew's, Camrose Linda Ortlaf and Bonny Graham from Immanuel, Wetaskiwin Greta Baggs from St. Augustine's Parkland, Spruce Grove Maida Kellgren and Kathy MCrae from St. Columba, Beaumont We currently have 230 life members and have gathered only half of the e-mails for those members. Over 125 letters with information for the Annual Meeting must be mailed out. Given the expense and time-related to this task it was recommended that going forward life members would be informed by In Touch, the Diocesan website or their own A.C.W. chapters.

Sadly we have lost some life members this past year:

Rev. Nancy Selwood, Norma Beaver and Carol Farquharsson from St. Philip's, Westlock

Julie Malone from St. Stephen the Martyr, Edmonton

Betty (Elizabeth) Roberts from All Saints, Drayton Valley

Kay Roe from Emmanuel, Gibbons

Margaret Estey and Eileen Cust from St. Augustine's Parkland, Spruce Grove

Respectfully submitted, Tracey

ACW TREASURER'S REPORT MAY 3, 2024

Subscriptions to InTouch include cheques received for renewals of 1, 2, and 3 years. The Book of Remembrance – Emmanuel and St. Chad College received several donations in memory of ACW women gone to Higher Service.

A cheque was sent to the Diocese of the Arctic, the annual dues were banked.

A few cheques were received for annual dues. I wonder if some

ACW groups have neglected this expense, which keeps our balance in the black.

A letter of thanks was received from the Diocese of the Arctic for our donation made in May 2023. Another thankyou was received upon another parish sending a donation for that Diocese. **Gen**

Puzzle Page & Past Time Pursuits

CROCHET HAT

MATERIALS Bernat® Softee Chunky™ (3.5 oz/100 g; 108 yds/99 m) 1 ball, Bernat® Faux Fur Pompom™ White Rabbit (01005)



1 Pompom, Size U.S. M/13 (9 mm) crochet hook or size needed to obtain gauge. **INSTRUCTIONS** Note: Ch 2 at beg of rnd does not count as st. Ch 36. Join with sl st to first sc to form a ring. 1st rnd: Ch 1. 1 sc in each ch around. Join with sl st to first sc. 36 sc. 2nd rnd: Ch 1. 1 sc in each sc around. Join with sl st to first sc. 3rd to 9th rnds: Ch 2. 1 hdc in each st around. Join with sl st to first hdc. 10th rnd: Ch 2. 1 hdc in each of next 4 hdc. Hdc2tog. *1 hdc in each of 4 hdc. Hdc2tog. Rep from * around. Join with sl st to first hdc. 30 hdc. 11th rnd: Ch 2. *1 hdc in each of next 3 hdc. Hdc2tog. Rep from * around. Join with sl st to first hdc. 24 hdc. 12th rnd: Ch 2. *1 hdc in each of next 2 hdc. Hdc2tog. Rep from * around. Join with sl st to first hdc. 18 hdc. 13th rnd: Ch 2. *1 hdc in next hdc. Hdc2tog. Rep from * around. Join with sl st to first hdc. 12 hdc. Fasten off, leaving a long end. Draw end through rem sts and fasten securely. Finishing Attach Pompom to top of Hat.

ABBREVIATIONS: Beg = Begin(ning), Ch = Chain, Hdc = Half double crochet, Hdc2tog = (Yoh and draw up a loop in next st) twice. Yoh and draw through all loops on hook, Rem = Remain(ing), Rep = Repeat, Rnd(s) = Round(s), Sc = Single crochet, Sl st = Slip stitch, St(s) = Stitch(es), Yoh = Yarn over hook

Impossible Cheeseburger Pie

1 lb lean ground beef
 1 large onion, chopped (1 cup)
 ½ teaspoon salt
 1 cup shredded Cheddar cheese
 ½ cup Bisquick mix* 1 cup milk
 2 eggs 2 Tbls ketchup
 Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in salt and ketchup. Spread in pie plate. Sprinkle with cheese. In small bowl, stir remaining ingredients with fork or wire whisk until blended. Pour into pie plate. Bake about 25 minutes or until knife inserted in center comes out clean.
 Serve with Shredded lettuce and tomato & pickle slices.

* *Bisquick Replacement* - ½ cup flour, ½ tsp baking powder, ¼ tsp salt, 1 Tbls oil

Bread of Life

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| N | G | I | V | E | S | O | N | R | A | R | Y | B | A |
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| M | O | U | T | H | I | R | A | I | S | E | E | A | R |
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| S | A | V | E | D | A | E | R | B | T | R | U | L | Y |
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| BARLEY | HANDS | SON |
| BELIEVE | HUMANITY | TAUGHT |
| BREAD | JESUS | TODAY |
| CAPERNAUM | LAST DAY | TRUE |
| COMES | LIFE | TRUSTS |
| DAILY | LIFT | TRULY |
| DIE | LORD | WHEAT |
| DRINK | MAN | WILL |
| ETERNAL | MEAT | WINE |
| EVERY | MORSEL | WOMEN |
| FAITH | MOUTH | WORD |
| FATHER SENT | RAISE | YEAST |
| FEED | REWARD | YOU |
| FLESH | SAVE | |
| FOOD | SAVED | |
| FOREVER | | |
| FROM HEAVEN | | |
| SYNAGOGUE | | |

*Answer:
9 letters*

Strawberry-Rhubarb Crisp

For the base combine:

4 cups rhubarb, washed and cut into bite sized pieces

2 cups strawberries, hulled and quartered

1 tart apple, peeled, cored, and cut into bite size pieces

1 cup white sugar

$\frac{1}{2}$ cup flour

1 tsp cinnamon

Put mixture into a 9 x 13 glass baking dish.

For the topping combine until crumbly:

1 cup flour

2 cups rolled oats (not instant oats)

1-1/2 cups brown sugar

1 cup margarine or butter, softened but not melted

Sprinkle the topping over the base.

Bake at 350 degrees for about 40 minutes or until the fruit is tender and bubbly.

Serve warm with ice cream.

Kathy Budd

More Edited Reports from the ACW AGM 2024

St. Timothy's ACW ladies have continued their monthly meetings via ZOOM ,

Also -Despite COVID, Flu Season, and extreme cold weather , our membership has maintained a devoted group of 12. We hope to enjoy a picnic meeting in May/2024 , in our courtyard .

Some of our activities have been:

Several Muffin and Cookie Sales throughout the year; a Christmas Craft and Cookie sale late Nov.; plus yearly Hot Cross Buns Sale on Palm Sunday; Supporting and collecting mittens, torques, scarves, gloves ,and socks for our Mitten Tree in Dec.

Our endeavours have been put back into our church and community ,by supporting:-PWRDF,-Rector's Discretionary Fund, -E4C-(City Centre Church Corporation) school lunch program, Sunday Morning coffee fund,-St Timothy's Sound System and elevator repairs, St. Timothy's Scout Group —camping trips this summer,, Support to ICPM Ministry -Lunch served @ the Bissel Centre, - Supported St. Faith Breakfast Program, Easter Chocolates for “ Kids Church”, Helping Female Student with school overseas trip in coming May. Used Book Sales have also contributed to our bank account , thanks to our Parishioner Support.

“Seek and ye will find.”

WETASKIWIN ACW ANNUAL REPORT 2023-Betty Anne Greenwall

In the past year, we referred to Bishop Stephen's document for Synod 2022 to plan activities for the year, including:

FELLOWSHIP AND SUPPORT: We met every 2 weeks at our local museum's coffee shop or in the park (and the men come as well). We support the Prayer Chain and provide meals or a visit if a member is needing support.

EDUCATION: included a spiritual reading or speaker at meetings. Some members were taking the U of A Indigenous Studies course and shared information at meetings.

COMMUNITY INITIATIVES: We continued the Elementary school Christmas Gift project, where we took donated gifts for children to choose for their parents or siblings; initiated a Domestic Violence Workshop open to the community; continued advocacy regarding the homeless; supported the period poverty community initiative and are hoping to take the opportunity to join with several small ladies groups to discuss community needs and how we can support the decisions of the group. We also helped plan and support the annual World Day of Prayer.

SUPPORT FOR OUR CHURCH: Besides financial assistance, the group has been a catalyst for ideas for Vestry, such as the start of a Discretionary Fund.

DONATIONS: were made to the Anglican Foundation, the Vestry Discretionary Fund and the PWRDF World of Gifts.

Above all, we strive to follow God's plans for us and praise His blessings to us, through prayer and discussion. A very rewarding undertaking, indeed.

Postage Stamps: remember to save all the used postage stamps you receive and turn them in (at a Regional meeting would be great). We pass them on to the Canadian Bible Society who use them to fund their programs. Ask your friends and neighbours to save them for you too. Just tear the corner of the envelope off leaving ¼ inch on all sides of the stamp.



World Day of Prayer and WICC

There was great joy and thoughtful prayers across Canada as thousands gathered in person for World Day of Prayer (WDP) 2024 services featuring the theme "I Beg You ... Bear With One Another In Love." For many, it was a chance to not only pray and learn about Palestine but also meet for a time of fellowship with ecumenical friends they had not seen for a year or more. The Women's Inter-Church Council of Canada (WICC) provided many resources on the WICC website to ensure that the service was available to all, including those not able to gather in person.

Read about Grant Stories - Women's Inter-Church Council of Canada (WICC) at wicc.org/grant-programs/grant-stories/

From Willa

Sorry I was unable to make the Annual Road Trip. I am sure I would have adored it. Just too much happening.

The Book of Remembrance will have new information now and not page numbers. This information should be more interesting and if you have the opportunity to see the Book of Remembrance there is an index with it so you can find a name you are looking for. I would be very happy to hear about the Ladies I have listed each time. Send your information to me at the addresses below.

For the Annual Reports 2024 I have edited out several things that many of you do (for space reasons). I tried to give you some new ideas you may want to try.

The garden is in, now we wait for the harvest. I bought 1 zucchini Plant but it looks like there are 2 in the pot. May have a lot of zucchini to give away.

Many Blessings to All
Faithfully
Willa

Dear Father, please open my hands to give to others with Your love in my heart.

Wonder Word
Answer:
Centuries

Dear God, please help me embrace what You've given me and live a life worthy of Your calling.

Deadline Dates for Life Member Applications

Deadlines for applications to be in to have the presentation at:
West Region (Yellowhead/Edmonton West)(Sept meeting)
 End of May
East Region (Whitemud / Battle River /Cold Lake) (Oct meeting)
 End of May
 Diocesan Annual Meeting (May meeting)End of January

Contacts for Life Members & Book of Remembrance

Life Members: Tracey
Book of Remembrance: Melissa

c/o Anglican Diocese of Edmonton
 10035 – 103 Street NW
 Edmonton, AB T5J 0X5 email: acw.dioceseofedmonton@gmail.com

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We welcome all submissions. The Editor reserves the right to edit submissions selected for publication. Send submissions and queries to:

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 10035 – 103 Street NW
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email:
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Next deadline for submitting articles is August 15, 2024